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Layering programme, pathway and substantive theories in realist evaluation

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Exposing the impact of advice services on health and inequalities

How, why, for whom, and in what circumstances are CAB services effective in improving health?

Aim:

Build, refine and test an explanatory framework about how CAB services can be optimally implemented to achieve health improvement



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Focus on three projects

- **Young People's service for people aged 16-25**
- **Project for people with severe and enduring mental health conditions**
- **GP referral project to facilitate access to advice for primary care patients**



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Methods

Qualitative

Interviews with staff (n = 3)

Interviews with clients (n = 25)

Lifestyle questions

Potential further verification interviews with staff

Quantitative

Perceived Stress Scale (Cohen et al., 1983)

Warwick Edinburgh Mental Wellbeing Scale (Stewart-Brown et al. 2009)



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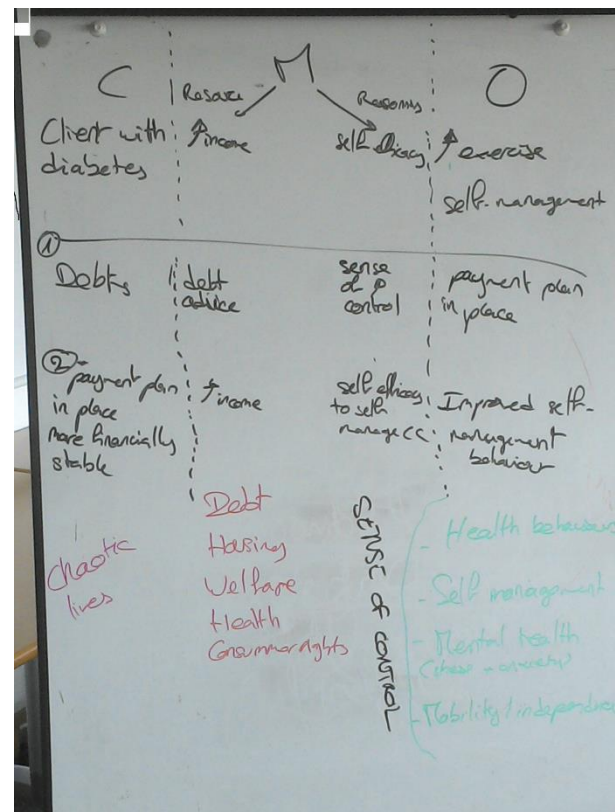


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Theory Hunches

- Visits to CAB and interviews with CAB staff
- Reading project reports
- Wider literature
- Collaborative team meetings



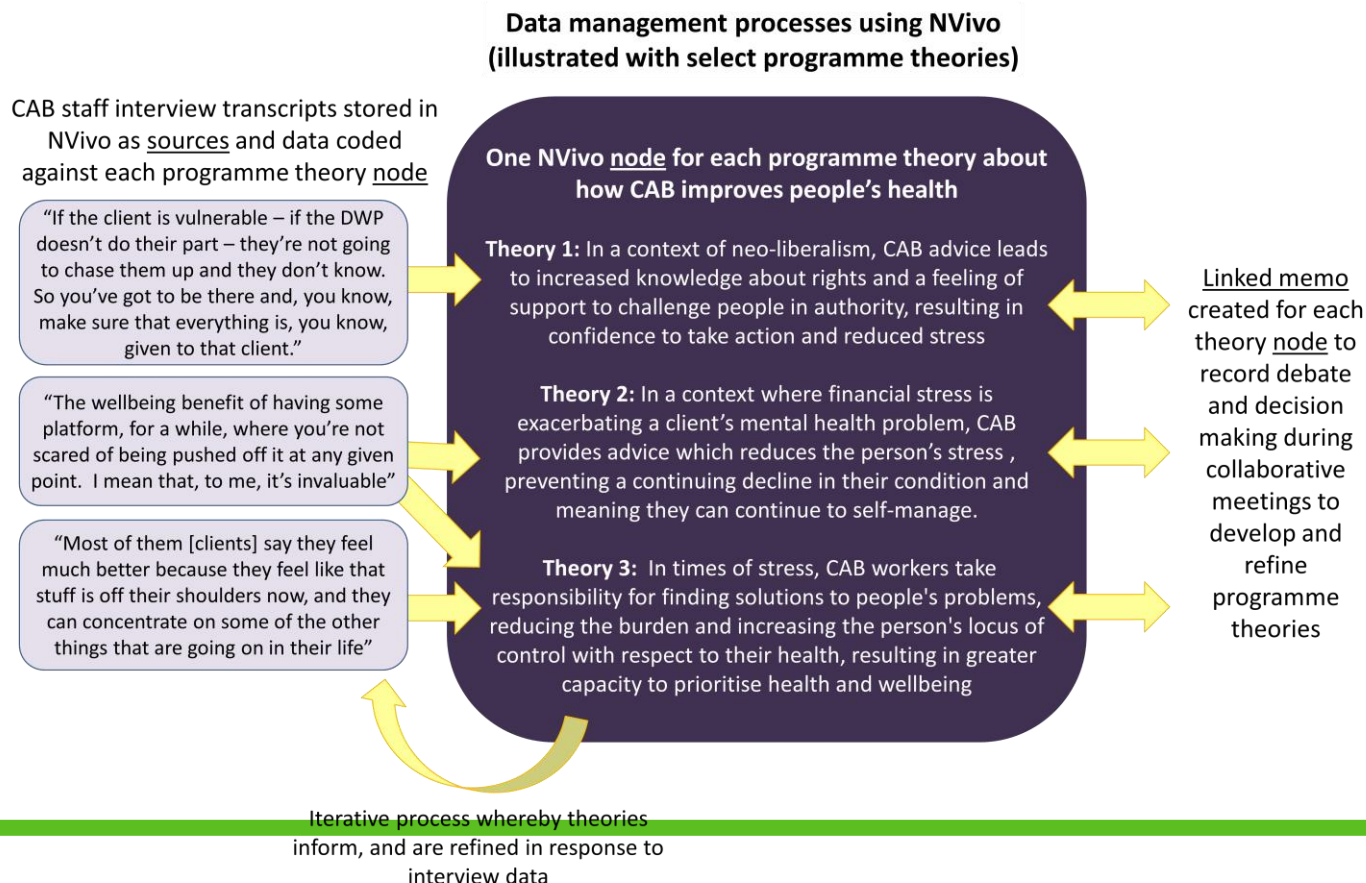


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Programme Theory development

<http://www.qsrinternational.com/blog/how-researchers-use-nvivo-to-enhance-transparency>





Initial Programme Theories Categorisation

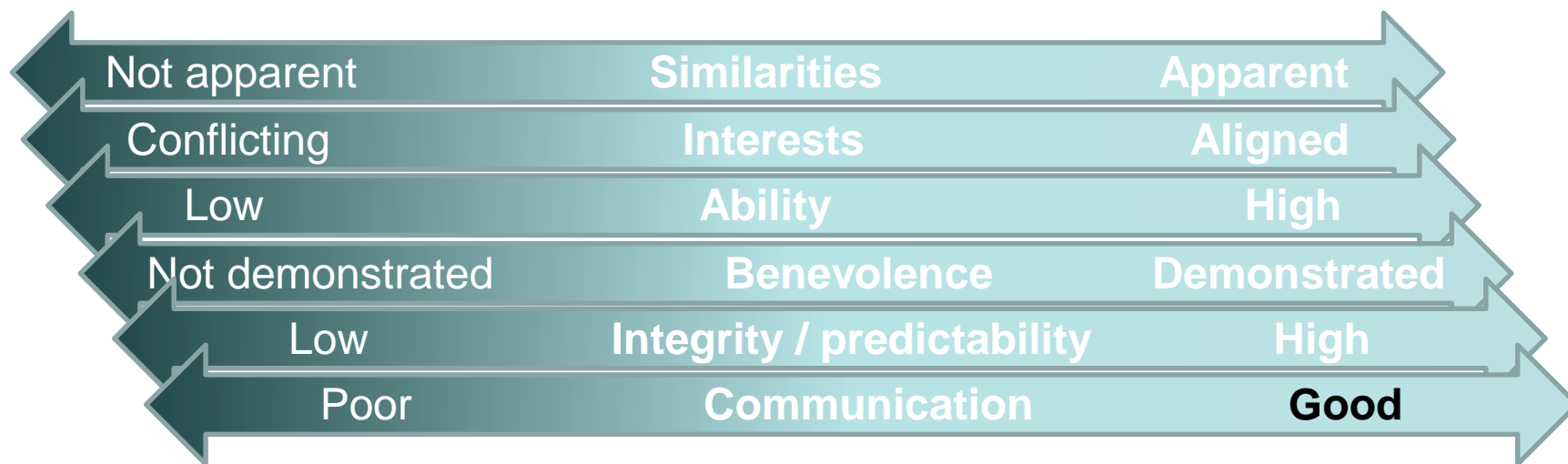
- **Material Pathways:** resources required for health / to avoid or ameliorate harmful stimuli
- **Behavioural pathways:** negative health behaviours more prevalent among socially disadvantaged groups
- **Psychosocial Pathways:** a result of the way in which people's social environment makes them feel



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Trust



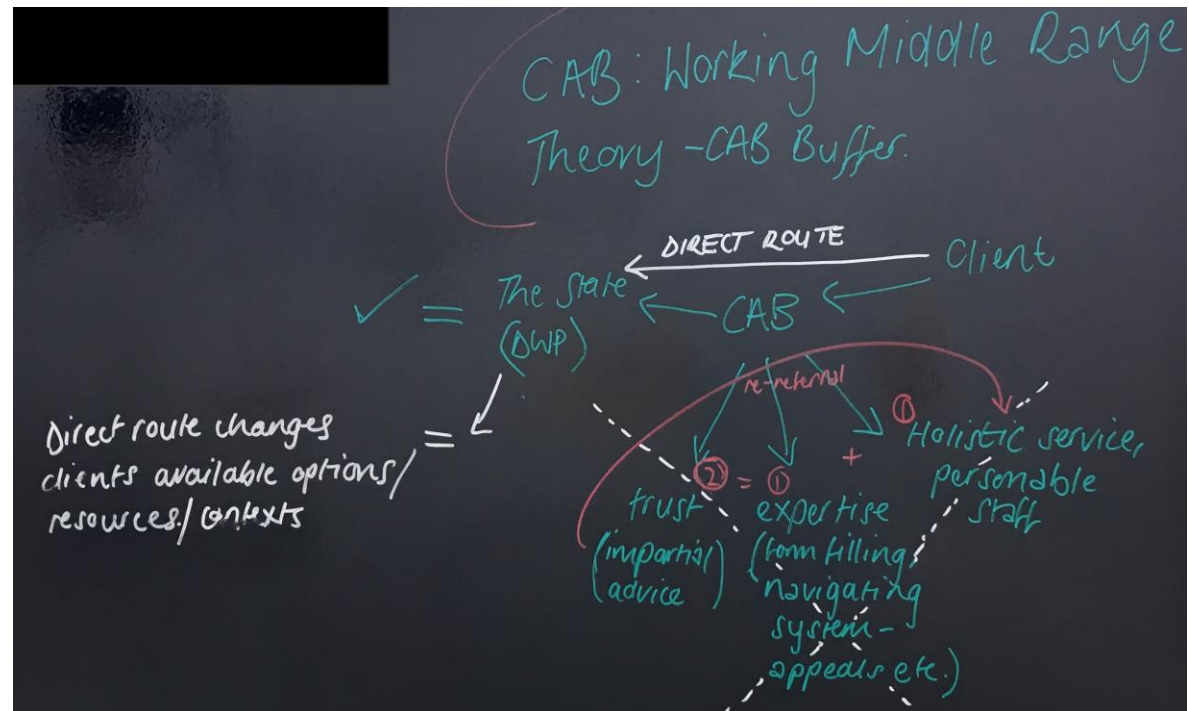
Hurley RF. The decision to Trust. Harvard Business Review. 2006; <http://altfeldinc.com/pdfs/Trust.pdf>(accessed 14/06/2013).



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CAB is a buffer





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Formal theories explored...

Behaviour change theory mapping

Health Behaviour Internalisation Model

Social Identity Theory

Third Space Theory



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References

Benzeval M, Bond L, Campbell M, Egan M, Lorenc T, Petticrew M et al. How does money influence health? York: Joseph Rowntree Foundation; 2014

Hurley RF. The decision to Trust. Harvard Business Review. 2006; <http://altfeldinc.com/pdfs/Trust.pdf>(accessed 14/06/2013).



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Questions

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